

*Mahimahi***Dolphinfish** Page 2**Mahimahi Recipe** Page 3*Monchong***Bigscale or Sickle Pomfret** Page 4**Monchong Recipe** Page 5*Ono***Wahoo** Page 6**Ono Recipe** Page 7*Opah***Moonfish** Page 8**Opah Recipe** Page 9**Billfish***Hebi***Shortbill Spearfish** Page 11**Hebi Recipe** Page 12*Nairagi***Striped Marlin** Page 15**Nairagi Recipe** Page 16*Kajiki***Pacific Blue Marlin** Page 13**Kajiki Recipe** Page 14*Shutome***Broadbill Swordfish** Page 17**Shutome Recipe** Page 18**Tuna***Aku***Skipjack Tuna** Page 19**Aku Recipe** Page 20*Yellowfin Ahi***Yellowfin Tuna** Page 22**Ahi Recipe** Page 23*Bigeye Ahi***Bigeye Tuna** Page 21**Ahi Recipe** Page 23*Tombo***Albacore Tuna** Page 24**Tombo Recipe** Page 25**Bottomfish***Hapu'upu'u***Grouper or Sea Bass** Page 26**Hapu'upu'u Recipe** Page 27*Uku***Grey Snapper or Jobfish** Page 30**Snapper Recipe** Page 31*Onaga***Ruby Snapper** Page 28**Snapper Recipe** Page 31*White Uha***Jackfish** Page 32*Opaka'aka***Pink or Crimson Snapper** Page 29**Snapper Recipe** Page 31**Miscellaneous****How Fish is Sold** Page 33**How Fish is Cut** Page 34**Fish/Flavor Chart** Page 35**Flavor/Texture Chart** Page 36**Seafood Costing Guide** Page 37**Plate Presentation Worksheet** Page 38**Fish Illustration Repro Sheet** Page 39**Fish Calligraphy Reproduction Sheet** Page 40**Hawaii Seafood Pocket Reference** Page 41

Jan

Feb

Mar

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May

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July

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Sept

Oct

Nov

Dec

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

7-25 lbs. Landed

75% Dressed

% Loined

40-50% Fillet

% Smoked

% Sashimi

Mahimahi

Mahimahi is unquestionably the best known ambassador for Hawaii seafood. It also is called *Mahi* or *Dorado*, or in some areas Dolphinfinh. The blunt-nosed *Mahimahi* is a true fish in no way related to the bottle-nosed marine mammal (Flipper).

While many tourists have returned from Hawaii singing the praises of *Mahimahi*, mid-scale restaurants in Hawaii may substitute either imported frozen *Mahimahi* or locally caught *Ono*. Fresh *Mahimahi* is reserved for the up-scale market.

Mahimahi is a moist, flaky, mildly flavored, sweet light pink flesh that cooks to white. Most *Mahimahi* are caught in the spring (March-May) or in the fall (September-November), and range between 8 and 25 pounds with fish over 15 pounds the preferred market size.

Mahimahi can be cooked in a variety of ways. As with all lean fish, care should be taken not to overcook. Steaks to be broiled should be at least 3/4 of an inch thick. *Mahimahi* is also excellent blackened, deep-fried, pan-fried, poached and stir-fried.

Chef's Hint: Try pan searing Mahimahi with a variety of "crusts." Before placing Mahimahi steak into white hot skillet, pat in ground lemongrass, macadamia nuts or toasted sesame seeds. Cook to medium rare and serve with Thai red curry sauce, chili sauce or cajun remoulade.

This **Chef's hint** courtesy Andy Nelson; Chef, Neptune's Restaurant, Pacific Beach Hotel.



Mahimahi

BAKED MAHIMAH WITH PAPAYA COULIS

Yield: **4** servings

CHEF NOTES:

INGREDIENTS

Fresh Mahimahi
Lemon juice
Olive oil

AMOUNTS

4 6-oz portions
—
—

PROCEDURE

fillets
as required
as required

Brush fresh Mahimahi fillets with olive oil and lemon juice. Bake in 400° F oven until medium.

For service, sauce plate with Papaya Coulis, place fillets on top. Garnish with bouquet of fresh vegetables.

ADVANCED PREPARATION

INGREDIENTS

Corn oil
Papaya
Onion
Shrimp stock
Lime juice
Whipping cream
Crushed red pepper

AMOUNTS

1 tbsp.
1 ½ lbs.
3 oz
6 oz
from 1 lime
8 tbsp.
¼ tsp.

PROCEDURE

chopped

Heat oil in a medium sauce pot over medium heat. Add papaya, onion and salt to taste. Cook the mixture, stirring frequently for 5 to 7 minutes. Pour in the shrimp stock and lime juice. Bring to a boil, reduce heat to low and simmer, partially covered for 10 minutes.

Transfer the mixture to a blender, puree until smooth. Meanwhile, over medium-high heat in a medium sized skillet, put in whipping cream and crushed red pepper, allow to reduce by 1/3. Add to papaya puree. Keep warm.

CREDIT: Executive Chef **Richard Viernes**, Tahitian Lanai, Waikiki.



Monchong

Monchong, also known as Bigscale or Sickie Pomfret, is a deep water fish that is rapidly gaining popularity in Hawaii. *Monchong* are usually landed and marketed fresh, as skinless fillets due to the characteristic large, hard scales. Most off the catch is sold to restaurants where professional chefs are increasingly declaring *Monchong* as an exotic fish with superior plate appeal.

Catches of *Monchong* are small and erratic, as little is known about the habits of the species, and there is no focused fishery for them. Most *Monchong* appear in the market as by-catches of the longline tuna fleet.

Monchong can range in size from about 4 pounds to over 25 pounds, with fish over 12 pounds being preferred by professional chefs. *Monchong* has clear, white flesh with pinkish tones. The flesh is firm with moderate flavor, and a high fat content that makes it particularly well suited for broiling. *Monchong* can also be baked or sauteed. This fish is frequently substituted for *Opakapaka* or *Onaga* when weather conditions are unfavorable for bottom fishing.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

4-25 lbs. Round

% Dressed

% Loined

45% Fillet

% Smoked

% Sashimi

Jan

Feb

Mar

Apr

May

June

July

Aug

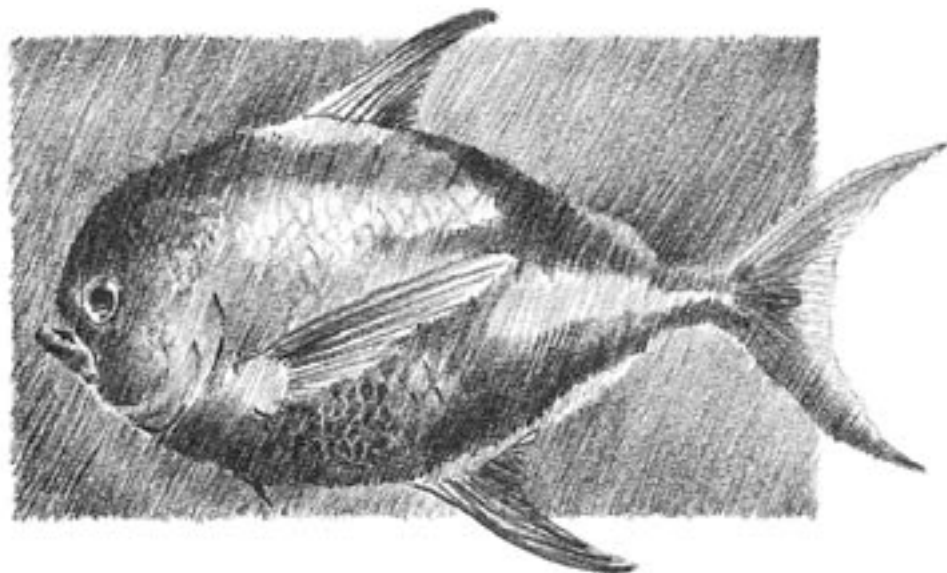
Sept

Oct

Nov

Dec

Open Ocean



Monchong

HAWAIIAN MONCHONG PULEHU

Yield: 1 servings

CHEF NOTES:

INGREDIENTS

Hawaiian Monchong
Hawaiian Ti leaves
Ogo
Green onion
Ginger
Chinese Parsley
Lime
Hawaiian salt
Oyster sauce
Sesame oil
Lime juice
Mirin

AMOUNTS

6 oz
3 piece
½ oz
1 piece
½ tsp.
1 sprig
2 piece
¼ tsp.
½ tsp.
½ tsp.
½ tsp.
½ tsp.

PROCEDURE

fillet

white part only

thin slices

Preheat oven to 350° F. Mark monchong fillet on broiler. Crisscross the ti leaves. Place half the ogo and the fish on the ti leaves. Top with the remaining ogo, green onion, ginger, Chinese parsley, lime slices and Hawaiian salt.

Combine oyster sauce, sesame oil, lime juice and mirin; blend well.

Pour sauce over the fish. Fold over ti leaves to close, and secure with a bamboo skewer.

Bake for 8 to 10 minutes in preheated oven.

CREDIT: Executive Chef **Guido Ulman**, CEC, Hilton Hawaiian Village. Chef Ulman was the host chef for the American Culinary Federation 1991 Convention. This recipe was featured on the April 1991 cover of *The National Culinary Review*.

HAWAIIAN FISH STEW

Yield: 8 servings

INGREDIENTS

Monchong
Hapu'upu'u
Olive Oil
Onion
Bell Pepper
Garlic Clove
Whole tomatoes
Dry White Wine
Salt
Fresh Thyme
Black Pepper
Bay leaf
Parsley

AMOUNTS

1½ lbs.
1½ lbs.
2 oz
8 oz
8 oz
1
3½ lbs.
8 oz
2 tsp.
1 tsp.
¼ tsp.
2
1 tbsp.

PROCEDURE

fillet, 1" cubes
fillet, 1" cubes

coarsely chopped
coarsely chopped
minced
drained, coarsely chopped

or ¼ tsp dried thyme
coarsely ground

minced

Remove skin and bones from fish; cut into 1-inch cubes. Heat olive oil in a large skillet and saute onion, bell pepper and garlic until tender, about 2 to 3 minutes. Add tomatoes, white wine, ½ of the salt, thyme, black pepper and bay leaves; blend well. Bring sauce to a boil; reduce heat and simmer, uncovered, for 15 minutes or until slightly thickened. Sprinkle fish cubes with the remaining salt. Place fish on top of tomato sauce. Simmer, covered, for 10 to 15 minutes, or when fish flakes easily when tested with a fork. Sprinkle with minced parsley.



Ono

Ono is a slender, fast swimming, open ocean game fish that delights chefs as well as sportsmen. The *Ono* is also called *Wahoo*, which is probably a corruption of the early European spelling of “O’ahu.” In the Hawaiian language *Ono* means “good to eat.”

The supply of *Ono* (a non-schooling fish) is erratic, but usually best during the summer-fall months (May to October). *Ono* has white, flaky, delicate, sweet flesh that has gained popularity in restaurants in recent years as chefs have looked for a substitute for *Mahimahi*. Although *Mahimahi* is more moist and sweeter, *Ono* is developing a real following of its own as consumers’ tastes turn more and more toward fresh fish.

Ono is suitable for cooking in any of the styles applicable for lean fish: sauteed, steamed in a Chinese woven basket steamer, or broiled.

Chef’s hint: Because *Ono* is a lean fish, use caution not to overcook, baste while broiling or use a quick oil-based marinade.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

8-30 lbs. Round

75% Dressed

% Loined

60-65% Fillet

% Smoked

% Sashimi

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Open Ocean



Hawaii Seafood



Baked Hawaii Ono with Mushrooms

Yield: 6 servings

CHEF NOTES:

INGREDIENTS

Ono steaks, thick cut
Mushrooms, small button
Butter
Garlic
Freshly ground black pepper
White wine
Fresh ground pepper
Heavy cream
Beurre manie

AMOUNTS

6 pieces
1 lbs.
8 oz
2 cloves
1 tsp.
2 oz
1 tsp.
12 oz
as needed

PROCEDURE

clean with a towel
recipe total
finely minced

Cut the mushrooms in half and simmer in a little butter over a medium or medium low fire until they are brown, but still firm. Allow to cook down slightly.

In a sauce pot heat the cream without allowing to come to a boil.

Arrange ono steaks in a well-buttered baking dish. Cover with mushroom mixture, 2 oz of the hot cream and top with dots of butter. Bake for 10 minutes in a 425°F oven or until the fish are medium rare. As the fish is baking, thicken the remaining cream with burre manie, and strain through a fine mesh china cap.

Arrange the steaks on a warmed serving platter. Combine the pan drippings with the thickened cream and sauce. Garnish with freshly chopped parsley.

Ono Teriyaki Steaks

Yield: 1 servings

INGREDIENTS

Ono fillet
Green onions
Sesame seeds

AMOUNTS

1 piece
for garnish
for garnish

PROCEDURE

Thick cut, at least 1"
julienne cut, green parts only

Place Ono steaks in a stainless steel mixing bowl. Cover with marinade and let stand at room temperature for 30 minutes. Turn steaks once, after 15 minutes. Sauce can be used for basting fish, but then must be discarded.

Drain marinade from fish and place on oiled broiler over medium heat. Cook for about 4 minutes before basting and turning. Turn and baste again, as required by the thickness of the steaks until just hot at the center.

ADVANCED PREPARATION

ONO TERIYAKI SAUCE

INGREDIENTS

Shoyu, low-salt
Brown sugar
Mirin
Garlic
Fresh ginger

AMOUNTS

1 oz
2 tbsp.
½ oz
1 tsp.

PROCEDURE

Japanese rice wine
finely minced
finely minced

Combine all ingredients and let stand, at room temperature, for an hour. Can be used immediately or refrigerated and held for 1 week.



Opah

Opah or Moonfish as it is sometimes called in tribute to its large, round profile, is a relative newcomer to restaurant usage. *Opah* has long been regarded as a good luck fish by old-time longliners and was never sold, only given away as a gesture of goodwill.

Opah has four types of flesh, each a different color. Behind the head and along the backbone is an orangish flesh. Toward the belly, the flesh pales to pink color and is slightly stringy. The fish's cheeks yield dark red flesh. These types of flesh all cook to a white color. Inside the breastplate of the *Opah* is a small section of bright, ruby red flesh that is somewhat stringy and difficult to fillet. This cooks to a brown color.

The *Opah*'s large-grain, fatty flesh is popular among professional chefs who appreciate the ability of *Opah* steaks "to take a sauce," as well as the desirability of the belly and breastplate sections in seafood stews.

Because *Opah* is non-schooling open-ocean fish, it is not caught in any specific quantity, but are specially prized when available.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

60-200 lbs. Round

% Dressed

% Loined

35% Fillet

% Smoked

25% Sashimi

Jan

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May

June

July

Aug

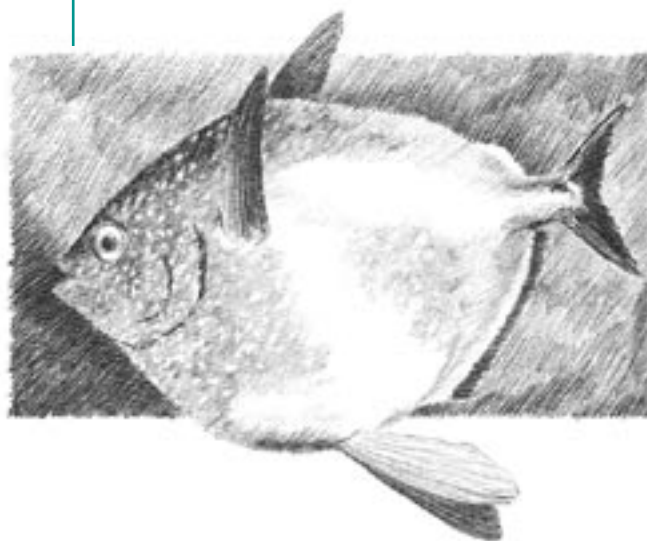
Sept

Oct

Nov

Dec

Open Ocean



OPAH FISH CAKE WITH SPICY LOBSTER SERVED WITH KIWI LIME SAUCE

Yield: 6 servings

CHEF NOTES:

OPAH FISH CAKE WITH SPICY LOBSTER

INGREDIENTS	AMOUNTS	PROCEDURE
Opah (Moonfish)	1 lbs.	fillet, diced
Chinese parsley	¼ oz	minced
Carrot	1 oz	small dice
Maui onion	¼ oz	diced
Garlic	1 oz	minced zest only
Lime	1 piece	
Egg White	1 piece	
Water	¼ cup	
Nori	¼ sheets	
Lobster	8 oz	meat only
Cajun spice	1 oz	
Salt	—	to taste

Put fish into food processor and whirl to make a paste. Add salt to water and mix well. Add salt water and egg white to fish paste and blend in processor. Remove the fish paste from processor to stainless steel mixing bowl, then add Chinese parsley, carrot, onion, garlic and lime zest. Mix well.

Season lobster meat with cajun spice, then sear on all sides to medium rare. Roll lobster tail in ½ nori sheet. Lay full sheet of nori on a buttered parchment paper, then spread fish paste over entire sheet of nori. Place seasoned lobster meat on fish paste, then roll all ingredients and parchment paper into a log shape. Twist both ends to seal. Steam log for 10 minutes. Fish cake is done. Slice and serve with Kiwi Lime Sauce.

KIWI LIME SAUCE; SERVE WITH OPAH FISH CAKE WITH SPICY LOBSTER

INGREDIEN	AMOUNTS	PROCEDURE
Kiwi	2 pieces	skinned, sliced, pureed
Lime Juice	½ lime	
Butter	8 oz	cut into 1" x 1" squares
Champagne	4 oz	

In a medium sauce pot, over medium heat, reduce kiwi puree to ½ its original volume.

In a second medium sauce pot, reduce champagne to ¼ its volume.

Remove from heat and whip in butter squares until well blended.

Add kiwi reduction and blend well. Season with lime juice and serve with sliced Opah Fish Cake.

CREDIT: Sous Chef **Todd Higa**; Vanda Court Cafe, The Ilikai Hotel Nikko Waikiki. Winner entree category 1991 Hawaii Seafood Festival, sponsored by DBED Ocean Resources and the ACF-Hawaii. This recipe was also featured on pg. 3 of the January 1992 **National Culinary Review**.





Soused Opah with Sweet Potatoes and Yogurt

Yield: **6** servings

CHEF NOTES:

INGREDIENTS

Opah fillet
Lemon juice
Lime juice
Oil
Sake (Mirin)
Soy sauce
Salt
Sugar
White Peppercorns
Cilantro

AMOUNTS

12 oz
½ lemon
½ lime
¾ oz
2 oz
1 tbsp.
2 tbsp.
2 tbsp.
2 tbsp.
2 tbsp.

PROCEDURE

boned, skin on

crushed
chopped

Combine liquids and coat fish. Combine remaining ingredients and pack on fish. Lay fish skin up in pan, cover, and weight fish. Marinate in chill box for 2 days. Remove fish and wipe clean. Slice thin.

SWEET POTATO CAKES

INGREDIENTS

Sweet potatoes
Onion
Green onion
Egg
Flour
Salt
White Pepper
Parsley
Lemon Juice
Peanut Oil

AMOUNTS

1 large
1 ½ oz
2 tbsp.
1
½ oz
¾ tsp.
¼ tsp.
1 tsp.
½ tsp.
1 cup

PROCEDURE

grated
grated
chopped

chopped

Combine ingredients and panfry in peanut oil.

YOGURT SAUCE

INGREDIENTS

Plain Yogurt
Sour Cream
Rice Wine Vinegar
Green Onion
Yellow Sweet Mustard
Salt/White Pepper

AMOUNTS

½ cup
½ cup
1 tsp.
1 tbsp.
¼ tsp.
—

PROCEDURE

fine chopped

to taste

Combine and chill

Arrange sliced fish and sweet potatoes on plates. Serve with sauce.

CREDIT: Chris Speere - Culinary Educator, Maui Community College/Class Act Restaurant; James McDonald, MCC/Apprentice, Westin Maui/Sound of the Falls Restaurant. This recipe won 1st Place, **appetizer** division 1991 Hawaii Seafood Festival, sponsored by DBED Ocean Resources and the ACF - Hawaii.



Hebi

Hebi is also called shortbill spearfish, in fact its bill is nearly nonexistent. *Hebi* caught in the waters off the Hawaiian Islands usually range between 20 and 40 pounds in round weight.

Hebi is available year-round in Hawaii, with the heaviest landings during the summer months (June to October). *Hebi* harvests are usually the result of deepwater set longlines. *Hebi* are sold whole, dressed or filleted.

Hebi has an amber colored flesh that is similar to *nairagi* or *kajiki*, but less firm. The flavor is mild, although bolder than *abi*. *Hebi* is usually cut into steaks at least 3/4 of an inch thick and broiled using a favorite *abi* marinade, or substituted in any recipe calling for *nairagi* or *kajiki*. Although a tender fish, *Hebi* holds its shape well when cooked and is an excellent fish addition to soups, chowders and stews.

Chef's Hint: *Hebi* may be the best buy in the fish market. It prepares well with nearly all fish recipes, has an excellent yield and as "a yet to be discovered" fish, is frequently bargain priced.

This **Chef's Hint** courtesy Chef/Instructor Alfredo Cabacungan, Kapiolani Community College Culinary Program.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

20-40 lbs. Round

70-80% Dressed

% Loined

45-55% Fillet

% Smoked

% Sashimi

Jan

Feb

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May

June

July

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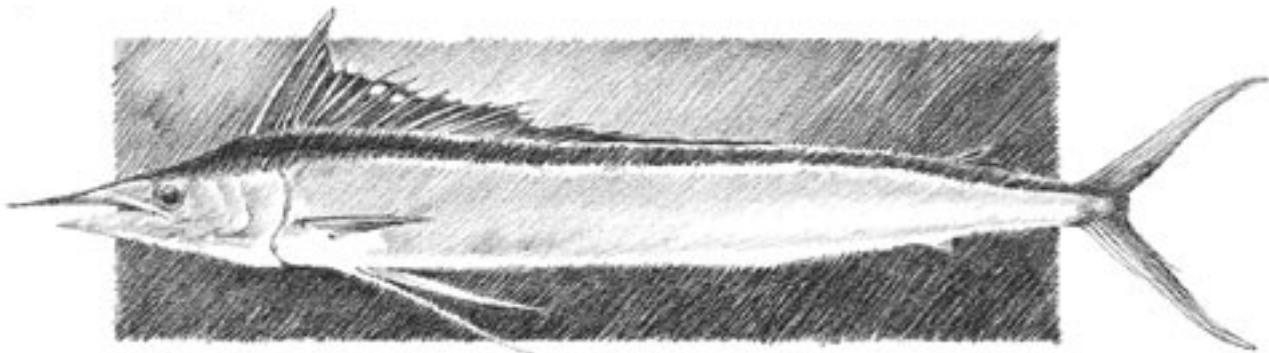
Sept

Oct

Nov

Dec

Billfish



Hawaii Seafood

Hebi

Grilled Hebi Curry Kebabs Ohelo

Yield: **4** servings

CHEF NOTES:

INGREDIENTS

Hebi
Curry powder
Onion
Ginger
Garlic
Tamarind juice
Red Pepper
Lemon juice
Salt
Oil

AMOUNTS

1 lbs.
½ oz
1 tbsp.
1 tsp.
1 tsp.
1 tbsp.
to taste
to taste
to taste

PROCEDURE

cut to 1" x 1" squares
use to taste
grated
grated
grated

Marinate spearfish cubes in curry powder, onion, garlic, tamarind juice, red pepper, lemon juice, salt and oil. Thread on bamboo skewers. Grill and serve hot with pineapple chutney or mango chutney and chopped peanuts. Garnish with curry leaves and piper la lotte (optional).

CREDIT: Chef/Instructor Kusuma Cooray, Ohelo Dining Room; Kapiolani Community College Culinary Program.

CHEF'S HINT: Curry powder is a blend of spices, rather than a single spice. In the countries where curry is considered a staple, curry spices are ground in the home daily, with different recipes for each application. There are dramatic differences in custom blended curry powders made from whole spices. The recipe below is a good basic recipe and can be modified by the addition of cayenne, clove, fennel, fenugreek, garlic, mustard seed, nutmeg and paprika.

BASIC CURRY POWDER

INGREDIENTS

Whole seed coriander
Whole seed cumin
Stick cinnamon
Black peppercorns
Black cadamon
Ginger powder
Red chili flakes
Tumeric powder

AMOUNTS

4 oz
2 oz
1 oz
1 oz
1 oz
1 tbsp.
to taste
to taste

PROCEDURE

Grind spices together in a spice mill or home sized coffee bean grinder. Store in an airtight jar away from sunlight.

TRADITIONAL CURRY CONDIMENTS

Sieved hard-cooked egg whites
Sieved hard-cooked egg yolks
Coconut flakes
Tossed coconut flakes
Chopped peanuts
Mango chutney

Lime pickle
Raisins or currants
Diced Cucumber
Mint chutney
Coconut chutney
Minced fresh chilies



Kajiki

Kajiki is commonly known either as Pacific blue marlin or as *A'u*, the Hawaiian term for all marlin species. While *Kajiki* can get as large as 1,600 pounds, most of the fish marketed range between 80 and 300 pounds (round weight). Fish under 150 pounds have less connective tissue between layers of muscle and are therefore preferred by professional chefs. Landings are heaviest during the summer and fall months (June through October).

Kajiki can be distinguished from other frequently caught marlin species by its larger bill and rough grey-colored skin. The flesh color of the *Kajiki* varies from fish to fish, but generally is amber, cooking to white. The *Kajiki* has a firm texture with a mild flavor, although more pronounced than the *ahi*.

Kajiki is often marketed by restaurants as “catch-of-the-day” where it is popular broiled and served with a compound butter. *Kajiki* also can be poached, stir-fried, or cooked on skewers.

Chef's hint: Use square-sided or flat, as opposed to round, skewers, the fish won't roll on the skewer making it easier to position grill marks attractively on the fish cubes.

This **Chef's Hint** courtesy Executive Chef Larry H. Long, CWC.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

80-300 lbs. Round

80% Dressed

65% Loined

65% Fillet

30% Smoked

40% Sashimi

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Billfish



Hawaii Seafood

SMOKED TERIYAKI MARLIN AND SCALLOP SALAD WITH GRILLED ISLAND FRUITS & WARM GINGER VINAIGRETTE

Yield: 4 servings

CHEF NOTES:

INGREDIENTS

AMOUNTS

PROCEDURE

Kajiki
Opah
Large Romaine Leaves
Radicchio
Manoa Lettuce
Pineapple
Papaya
Green Onions
Rice Sticks

1 lbs.
½ lbs.
10
2 heads
2 heads
½
2
2
2 oz

smoked teriyaki
smoked teriyaki

DRESSING

Ginger
Guava Nectar
Shallot
Rice Wine Vinegar
Red Wine Vinegar
Sugar, granulated
Salt
Salad Oil
Minced Green Onion

2 tbsp.
4 tbsp.
1 oz
2 tbsp.
½ tbsp.
1 tsp.
½ tsp.
¼ cup
2 tsp

grated or minced
fresh
minced

MARINADE

Teriyaki Sauce
Shoyu
Lemon Juice
Ginger
Green Onion
Shallot
Garlic, bulb

1 cup
½ cup
3 ea
1 tbsp.
1 tsp.
2
1

grated
minced
chopped

ADVANCE PREPARATION

Marinate Fish: Combine marinade ingredients and mix well. Add fish and let rest for 12 hours or overnight. Remove fish from marinade and pat dry. (Discard Marinade). Hot smoke the fish until properly cooked. Remove from smoker and let rest. Slice fillet when ready to serve.

Dressing: Combine all ingredients except oil and mix well. Warm the salad oil and drizzle into dressing. Let dressing stay warm prior to serving.

Preparation: Wash and clean Romaine, Radicchio, and Manoa greens. Shred Romaine greens and reserve. Slice pineapple and papaya into diamond wedges and reserve. Fry rice sticks in peanut oil and hold.

Assembling: Assemble greens onto plate. Grill pineapple and papaya and place on salad. Add sliced Marlin and Scallop. Top with rice sticks and green onions. Dress with warm vinaigrette.

Variations: Nairagi can be used for Kajiki, scallops can be used in place of Hawaiian Opah.

CREDIT: Executive Chef **Greg Paulson, C.E.C.**, John Dominis. Chef Paulson is the 1992-1993 President of the American Culinary Federation - Hawaii, Honolulu Chapter.



Nairagi

Nairagi is commonly known as striped marlin, barred marlin or as *A'u*, the Hawaiian name applied to all marlin species caught in Hawaiian waters. *Nairagi* are usually landed between 40 and 100 pounds (round weight) with some fish weighing as much as 130 pounds.

Nairagi is a migratory species that passes through the Hawaiian Islands twice each year. The season is split between winter and spring, with smaller fish generally caught in the spring months.

Nairagi is regarded as the best eating of all marlin species because of its tenderness. The flesh varies in color by individual fish, from orange-red to a clear pink. The darker flesh is particularly desired in the *sashimi* market, where it is frequently substituted for *Abi*. *Nairagi*, with light-colored flesh, is most often utilized as a substitute for *Shutome*, or as “the catch-of-the-day”.

Nairagi is cooked utilizing any of the same methods, or in fact the same recipes, as *Shutome*, *Abi* or *Kajiki*. The *Nairagi*, like all of the marlin family, is excellent when broiled.

Chef's Hint: Broiled Nairagi steaks can be presented elegantly by first spooning a dijon infused hollandaise and Genoise sauce on the plate. The sauces can be “feathered,” with the tip of a knife, into a number of attractive designs.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

40-130 lb. Round

75% Dressed

65% Loined

65% Fillet

% Smoked

40% Sashimi

Jan

Feb

Mar

Apr

May

June

July

Aug

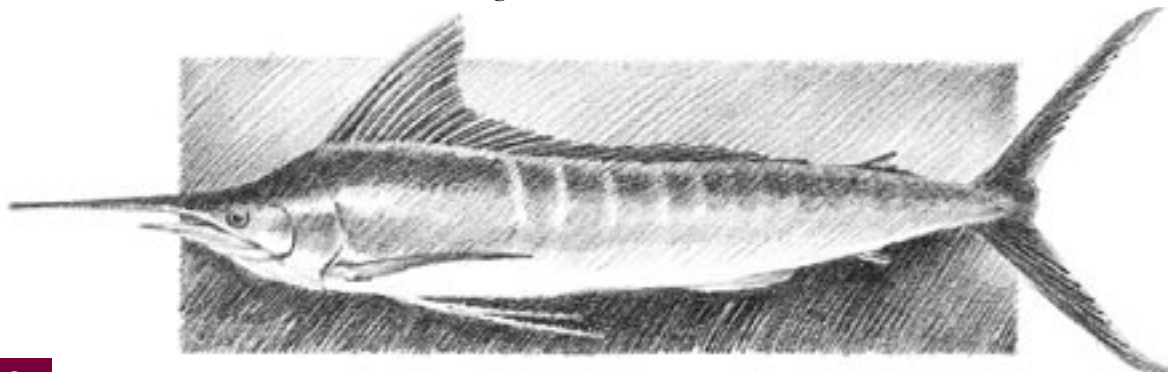
Sept

Oct

Nov

Dec

Billfish



Hawaii Seafood

Nairagi

SAUTEED HAWAIIAN NAIRAGI WITH MALAYSIAN CURRY SAUCE

Yield: **6** servings

CHEF NOTES:

INGREDIENTS

Nairagi
Spike Seasoning
Green onions
Lemon Grass
Fresh Coconut
Clarified Butter

AMOUNTS

12 oz
1 tsp.
5-6
1 tsp.
½ cup
2 oz

PROCEDURE

fillet

white only
finely minced
shredded

Run chopstick through Nairagi fillet and lard with green onion stem, cut into 2 ounce fillets.

Season fillets with Spike Seasoning, let marinate for 2 hours. Sprinkle Lemon Grass and Fresh Coconut on fillets. Heat butter in saute pan and saute fillets till slightly undercooked.

ADVANCE PREPARATION

MALAYSIAN CURRY SAUCE

INGREDIENTS

Clarified Butter
Onion
Ginger
Garlic
Basil Leaves
Paprika
Malaysian Curry Powder
Plum Tomatoes

AMOUNTS

2 oz
½ cup
1 tbls
3 cloves
6
2 tsp.
1 tbsp.
3 pieces

PROCEDURE

finely diced
minced
minced
sliced

peeled, seeded
and finely diced

Lemon Juice
Fish Stock
Coconut Milk
Sugar
Plain Yogurt
Sour Cream
Salt

to taste
½ cup
1 ½ cup
4 tsp.
½ cup
½ cup
to taste

Saute onions until slightly brown. Add garlic, basil leaves, paprika and curry powder. Saute 2-3 minutes. Add tomatoes and cook for another minute. Add all the remaining ingredients, simmer 5-10 minutes. Transfer sauce into blender and blend till smooth.

FRESH MANGO CHUTNEY

INGREDIENTS

Hayden Mango
Mint
Ginger
Chillies
Salt
Sugar

AMOUNTS

10 oz
¼ cup
¼ cup
to taste
to taste
to taste

PROCEDURE

diced
chopped
chopped
minced

Mix all ingredients together, marinate for 2 hours.

CREDIT: Executive Chef **Rey Dasalla**, Executive Chef The Hau Tree Lanai Restaurant, The New Otani Kaimani Beach Hotel. Chef Dasalla's recipe won 1st place, entree division in the 1991 Hawaii Seafood Festival sponsored by DBED Ocean Resources and the ACF-Hawaii.



Shutome

Shutome is the popular name for swordfish caught in the pristine waters off the Hawaiian Islands. This popular fish is also called Broadbill, Broadbilled Swordfish, True Swordfish, or by its Hawaiian name *A'u Ku*. *Shutome* is a migratory fish with good catches around the Island of O'ahu from April through July.

Shutome is a prized catch and always marketed as a fresh fish. Longliners take extra care to maintain the high quality of *Shutome*. The fish are dressed and iced aboard ship – frequently colder saltwater ice is used. Much of the Hawaii catch is air-shipped to the U.S. east coast where the premium quality is rewarded with a premium price.

Shutome has a mild, yet distinct, taste and is a moderately firm fish with an ideal palate appeal. Frequently *Shutome* is compared to premium cuts of beef. *Shutome* has a high fat content that is rich rather than oily.

The clear, pinkish flesh holds its shape well, making it a good choice for skewer cooking, or cutting into thick steaks (an inch or more thick). *Shutome* can be broiled, poached, stir-fried or baked-in-sauce.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

10-600 lbs. Round

70-80% Dressed

55-65% Loined

55-65% Fillet

% Smoked

% Sashimi

Jan

Feb

Mar

Apr

May

June

July

Aug

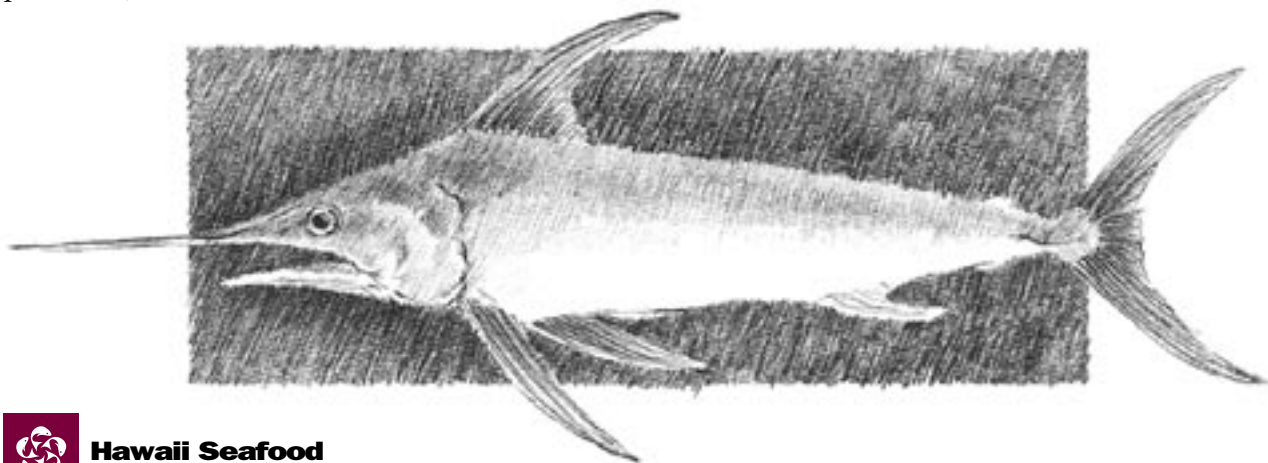
Sept

Oct

Nov

Dec

Billfish



Hawaii Seafood

Shutome

GRILLED SHUTOME “SOUTHWEST STYLE”

Yield: **2** servings

CHEF NOTES:

INGREDIENTS

Hawaiian Shutome
Garlic
Shallots
Fresh sweet basil
Chinese parsley
Soy sauce
Kona lime juice
Hawaiian sea salt
Canola oil
Golden chantrell mushrooms

AMOUNTS

4 pieces 3 oz
½ tsp.
¾ tsp.
1 tsp.
½ tsp.
1 tsp.
1¼ tsp.
¼ tsp.
4 oz
3 oz

PROCEDURE

fillet
minced
minced
chopped
chopped
low sodium

Combine all ingredients together and mix well. Add Shutome fillets and marinate in mixture for about 1½ hours. Remove fish and grill over moderate high heat to desired doneness. Slightly under cooking the fish is recommended to insure moistness.

ADVANCE PREPARATIONS

ROASTED RED PEPPER AND ANCHO CHILI COULIS

Red bell pepper 4 oz Roasted, peeled and seeded
Shallots ½ oz Chopped
Chardonnay 2 oz
Ancho chili paste see recipe on right
Fish stock 8 oz
Butter ½ oz

Place red bell pepper on grill and roast until skin blisters. Remove and place in a tightly covered container to lightly steam, for approximately 15 minutes. Peel skin off and remove seeds. Dice red pepper and add to sauce pan along with shallots and a little butter. Saute for about ½ minute and deglaze with white wine. Add ancho chili puree, fish stock and reduce down until slightly thickened. Remove from heat, add butter chips and stir. Place in a food processor and puree. Set aside and keep warm.

CUMIN SEED BUERRE BLANC

Shallots 1 oz chopped
White wine vinegar 1 oz
White wine 4 oz
Cumin seeds ¾ oz toasted
Tumeric, ground ¼ tbsp.
Heavy cream 12 oz
Butter 1¼ lbs.

Saute shallots lightly in a little butter. Add white vinegar, and tumeric. Simmer slowly until reduced to xx. Remove from heat and incorporate butter chips, stirring constantly. Strain and add toasted cumin seeds. Check taste and adjust as required.

ANCHO CHILI PUREE

Ancho chiles
Chicken stock full flavored
Roasted garlic
Maui onions

Combine all ingredients in a sauce pan and simmer slowly until liquid reduces and chilies soften. Puree in a food processor.

WILD FLOWER SALSA

Kula tomatoes 8 oz peeled, seeded and diced
Maui onions 1 oz chopped
Green onions 1¼ oz
Kona lime juice 1 tsp.
Yellow bell peppers 1 oz roasted, peeled, seeded, diced
Serrano chilies 1 tbsp. minced
Chinese parsley 1 tbsp. chopped
Hawaiian sea salt 1 tbsp.
Nasturtium flowers coarsely chopped
Pineapple sage chopped
Violas chopped
Anaheim chilies bread: flour/egg /cornmeal

Combine tomatoes, onions, green onions, lime juice, bell pepper, serrano chilies, chinese parsley and Hawaiian sea salt. When ready to serve add in sage and flowers. Prep chili and fry in canola oil. Use as garnish along with salsa.

To plate: Place 2 filets on each plate and pour sauces separately around fish. Serve with grilled baby vegetables, sauteed mushrooms and salsa. Garnish with Kahuku prawn and fresh chinese parsley sprig.

CREDIT: Chef **Andy Nelson**; Neptune Restaurant, Pacific Beach Hotel. Winner 1st Place, entree category 1990 Hawaii Seafood Festival, sponsored by DBED Ocean Resources and the ACF-Hawaii. The recipe was also featured on the January 1992 cover of The National Culinary Review.



Aku

Aku is the popular Hawaii tuna that is also known as skipjack, striped tuna or *Katsuo*.

Aku are caught throughout the year and historically have been the most important commercial fish in Hawaii. *Aku* generally range between 4 and 15 pounds, but during the summer months larger fish (16 to 30 pounds) move into Hawaiian waters.

High quality *Aku* has firm flesh that is a deep red color. Larger *Aku* have the deepest color and are preferred in the preparation of raw dishes such as *sashimi* and *poke*. With cooking, the flesh of the *Aku* becomes lighter in color.

Aku has a bolder taste than *Abi* or *A'u* and is preferred by fish lovers and by many chefs for use in ethnic dishes, as well as in some raw dishes.

Chef's hint: Placing a dollop of *escargot* or *maitre d' hotel* butter on top broiled **Aku** will add flavor and preserve moistness. To make handling easier, pipe butter rosettes onto a lined sheet pan and freeze.

This **Chef's Hint** courtesy of Executive Chef Larry H. Long, CWC.



Broil

Bake

Steam

Poach

Saute

Smoke

Raw

3-30 lbs. Round

75% Dressed

55-65% Loined

45-60% Fillet

12% Smoked

35% Sashimi

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Tuna



Hawaii Seafood

SEARED AKU WITH HAWAIIAN PAPAYA RELISH

Yield: **1** servings

CHEF NOTES:

INGREDIENTS

AMOUNTS

PROCEDURE

Aku
Olive oil
Spice mixture
Salt
Black pepper
Squid ink pasta

5 oz
1 oz
—
—
—
2 oz

fillet

as required
to taste
to taste

Coat aku on both sides with olive oil, then season with spice mixture, salt and pepper. Let stand for ½ hour before cooking.

Place cast iron pan over very high heat until pan begins to smoke. Place fish in pan and sear for about 1 minute on each side. The fish should be medium rare.

TO SERVE: Slice fish and fan out on a heated plate. Garnish with Hawaiian Papaya Relish and serve with black ink pasta.

ADVANCE PREPARATION

SEARED AKU SPICE MIXTURE

INGREDIENTS

AMOUNTS

PROCEDURE

Herbs d'Provence
Lavender
Parsley (curly leaf)

finely chopped

Adjust prepared Herbs d'Provence blend by adding dried lavender and fresh chopped parsley to taste.

HAWAIIAN PAPAYA RELISH

INGREDIENT

AMOUNTS

PROCEDURE

Papaya
Tomato
Maui onion
Green onion 3 stalks
Rice wine vinegar
Water
Granulated sugar

2 pieces
1 medium
1 medium
3 stalks
2 cups
1 cup
½ cup

peeled, seed and diced
diced
julienne-cut

In a medium sauce pan combine vinegar, water and sugar. bring to a boil then add Maui onion. Remove pan from the heat and let stand for 10 minutes. Strain onion from liquid and reserve. In separate bowl, lightly toss papaya, tomatoes and Maui onion with ½ cup of the reserved liquid. Refrigerate for 30 minutes.

CREDIT: Executive Chef **William K. Trask**, CEC, The Ilikai, Hotel Nikko Waikiki. Chef Trask is past President ACF-Hawaii, Honolulu Chapter and the ACF Western Region Coordinator. This recipe was featured on pg. 10, January 1992 **National Culinary Review**.



Ahi (Bigeye)

Ahi is the Hawaiian name for two popular Tunas, with a similar appearance. Both the **Bigeye** and Yellowfin tunas can be properly called *Ahi*. The Bigeye is more plump, has a larger head and unusually large eyes, while the Yellowfin gets its name from the long, bright yellow fins. Both tunas are well known and popular.

Bigeye harvests peak during the winter months (October through April) which are off-season for other tunas. *Ahi* weighs anywhere from 10 to 250 pounds.

Most *Ahi* are sold fresh. Its rich, red flesh, which cooks to white, is suitable for broiling, baking, and sauteing as well as for raw preparations. *Ahi* with a higher fat content and deeper red color (especially Bigeye) are ideal for sashimi and command a premium price.

Chef's hint: For a new play on a classic theme try **Ahi Oscar**, **Ahi Benedict**, or **Ahi Piccata**. These variations would add verve to a brunch, as well as a dinner menu.

This **Chef's Hint** courtesy of Chef/Instructor Alfredo Cabacungan, Kapiolani Community College.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

3-250 lbs. Round

75-80 % Dressed

55-65% Loined

55-65% Fillet

30% Smoked

35% Sashimi

Jan

Feb

Mar

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May

June

July

Aug

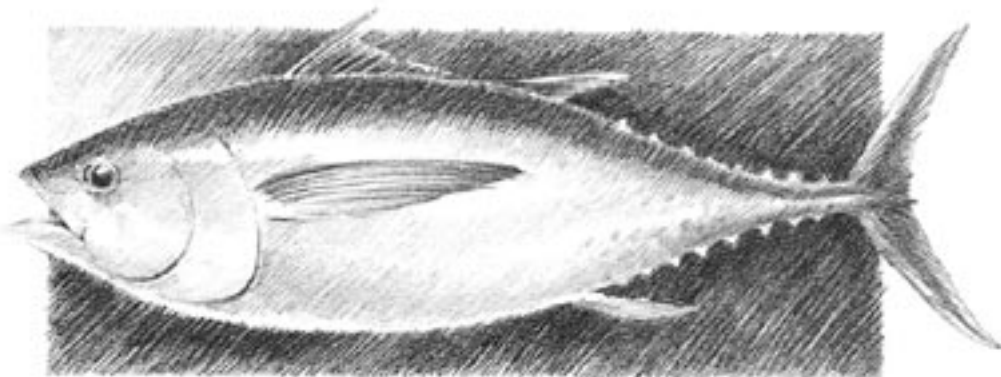
Sept

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Dec

Tuna



Hawaii Seafood

Ahi (Yellowfin)

Ahi is the Hawaiian name for two popular Tunas, with a similar appearance. Both the Bigeye and Yellowfin tunas can be properly called *Ahi*. The **Yellowfin** Tuna gets its name from the long, bright yellow fins. Yellowfin is also commonly called Allison Tuna or by its Japanese name *shibi*.

Peak landings for Yellowfin are during the summer months (May through August). Yellowfin caught near the ocean surface may have some portion of flesh that lacks the characteristic brilliant red coloration and is more watery and softer than normal ahi flesh. This condition is called “burnt” tuna. While burnt flesh reduces the value of the fish in the sashimi market only in extreme cases would the effects be noticed in cooked tuna.

Ahi weigh anywhere from 3 to more than 200 pounds. Yellowfin over 100 pounds are preferred in the market as the larger fish have a greater yield and higher fat content.

The rich, red flesh, which cooks to white, is suitable for broiling, baking, and sauteing as well as for raw preparations. *Ahi* is usually graded by custom into “number 2”, also called fry *ahi*, or *sashimi*-grade, which is also called “number 1.” *Sashimi*-grade has a higher fat content and deeper red color, required for raw preparations and commands a premium price.

Chef's hint: **Ahi** discolors with contact to the air. You can maintain quality and extend product life by holding **Ahi** steaks in a simple marinade of light salad oil, bay leaf, black peppercorns and coriander seeds.

This **Chef's Hint** courtesy Chef Rene, the Black Hat Chef, author The Black Hat Chef Cookbook.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

3-250 lbs. Round

75-80% Dressed

55-65% Loined

55-65% Fillet

30% Smoked

35% Sashimi

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Tuna



Hawaii Seafood

Ahi

HAWAIIAN AHI WITH LINGUINI

Yield: **4** servings

CHEF NOTES:

INGREDIENTS

AMOUNTS

PROCEDURE

Hawaiian Ahi
(Yellowfin or Bigeye tuna)
Linguini
Olive oil
Onion
Garlic Clove
Clarified butter
Sun-dried tomatoes
Capers
Parmesan cheese
Salt
Parsley

1 lbs.
1/4 oz
16 oz
2 tbsp.
½
1
1 tbsp.
2 tbsp.
2 tbsp.
¼ cup
½ tsp.
1 tbsp.

fillet
minced
small dice

thinly sliced
minced

thinly sliced

grated

minced

Remove skin and bones from ahi (Yellowfin or Bigeye tuna) fillet; cut into cubes. Cook linguini as package directs; drain and keep warm. Heat 1 tablespoon of the olive oil in a skillet and saute onion and garlic until golden brown; set aside. Heat the remaining 1 tablespoon olive oil and butter in a skillet and saute ahi for 2 minutes or until it flakes easily when tested with a fork. Add onion mixture, sun-dried tomatoes, capers, Parmesan cheese and salt; toss gently. Serve ahi over linguini and sprinkle with minced parsley.

EGG NOODLES (TRADITIONAL RECIPE)

Yield: **10** 3 oz servings

INGREDIENTS

AMOUNTS

PROCEDURE

Eggs
Whole Milk
Salt
Yellow food color
Flour, all-purpose
Water
Salt

4 pieces
4 oz
2 tsp.
a few drops
1 lbs.
3 qts.
3 tsp.

lightly beaten

Combine eggs, milk, food color and 2 tsp. salt in a large stainless steel bowl. Make a well in flour and work in liquid until a stiff dough is made. Cover and let rest for 15 minutes.

On a well floured surface knead dough for several minutes, then roll out until paper thin. Let rest another 15 minutes. Lightly flour dough and roll up into a jelly-roll shape. Slice dough log, evenly to the desired width, typically ⅛". Unroll strips and let dry for at least 1 hour.

In a large pot combine water and 3 tsp. salt over medium high heat until a rolling boil is reached. Add noodles gradually, stirring after each addition. Cook noodles until just tender, about 10 minutes. Remove from heat and drain, rinsing briefly with hot water. Hold hot.



Tombo

Tombo is the name for the tuna caught in Hawaii that is called Albacore elsewhere. The light pink flesh is the lightest and mildest in flavor of all tunas.

Like other tunas the flesh cooks to white, and *Tombo* may be freely substituted in recipes calling for *Abi*. As raw fish, *Tombo* is softer than *Aku* or *Abi* and is, therefore, more difficult to prepare as *sashimi*. Top chefs usually broil *Tombo*, frequently utilizing a brief oil-based marinade, basting or a quick-spritz while cooking to avoid drying out. It is important to exercise caution to avoid overcooking, as is true with all lean, dense fish.

Tombo are landed from 40 to 80 pounds, with fish in excess of 50 pounds being preferred in the market. The larger fish not only have a greater yield, but also have a more attractive pink color and a higher fat content.

Albacore is the only tuna species that can be canned as “white meat” in the United States. Only recently with cannery closings, are increased supplies of *Tombo* available to chefs, who are increasingly recognizing *Tombo* as being a premium fresh fish.

Chef's Hint: *Tombo* is an extremely versatile fish that is popular with both fish lovers and “the meat and potatoes” set, making it an ideal choice for banquets. Marinate steaks in a mixture of ½ olive oil and ½ light salad oil, infused with whole garlic cloves, black peppercorns and sprig rosemary; broil off to medium.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

40-80 lbs. Round

80-85% Dressed

60-65% Loined

60-65% Fillet

30% Smoked

35% Sashimi

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

Tuna



Hawaii Seafood

Tombo

SESAME CRUSTED TOMBO WITH GINGER BUTTER AND MARINATED CUCUMBERS

Yield: **4** servings

CHEF NOTES:

INGREDIENTS

Tombo
Teriyaki Marinade
Sesame Seed

AMOUNTS

4 3 oz blocks
1 cup

PROCEDURE

roasted if raw

Marinate Ahi for approximately 1½ hours before starting.

MARINATED CUCUMBER

INGREDIENTS

Red Wine Vinegar
Sesame Oil
Sesame Seed
Garlic Salt
Finely Minced Garlic
White Pepper
Cucumber (slice thin)

AMOUNTS

1 tbsp. + 1 tsp.
1 ½ tsp.
¼ tsp.
¼ tsp.
¼ tsp.
to taste
6 oz

PROCEDURE

Combine first six ingredients in mixing bowl and blend well. Add cucumber and toss gently. Let stand about 1 hour.

GINGER BUTTER

INGREDIENTS

Buerre Blanc
Ginger Juice

AMOUNTS

4 oz
2 oz

PROCEDURE

Blend ginger juice into Buerre Blanc, adding more if you like.

Roll Tombo in sesame seeds and sear rare to medium rare. Cut into 1 oz pieces. Arrange 3 pieces each on appetizer plates. Top with 1½ oz ginger butter. Garnish with marinated cucumber and black sesame seeds.

CREDIT: Executive Chef **Richard Viernes**, Tahitian Lanai Restaurant.



Hapu'upu'u

Hapu'upu'u, also known as Hawaiian sea bass or grouper is a fish with lean, white, medium dense flesh that delights professional chefs. The *Hapu'upu'u* is a versatile fish that can be steamed, poached, broiled, pan-fried or cooked on skewers.

The heaviest landings for *Hapu'upu'u* are in late fall (October - December) and spring (February - April). Most fish range from 5 to 10 pounds, but the fish caught off the Northwestern Hawaiian Islands range from 10 to 30 pounds. Most of the fish sold are sold to restaurants, especially to Chinese restaurants which feature whole steamed fish.

Most *Hapu'upu'u* are sold head-on, allowing chefs to inspect the eyes and gills to verify freshness and identify a premium product. The ethnic market prefers smaller fish (between 1 and 5 pounds), that are steamed head-on. Larger fish are sometimes filleted by fish brokers. The *Hapu'upu'u* has a tough skin and lacks small bones making it easy to fillet. However, due to the large head there is a lower (40% of round weight) yield compared to other bottomfish.

Chef's hint: The head and bones of the *Hapu'upu'u* are prized for making fish stock.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

5-30 lbs. Round

66% Dressed

% Loined

40% Fillet

% Smoked

% Sashimi

Jan

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July

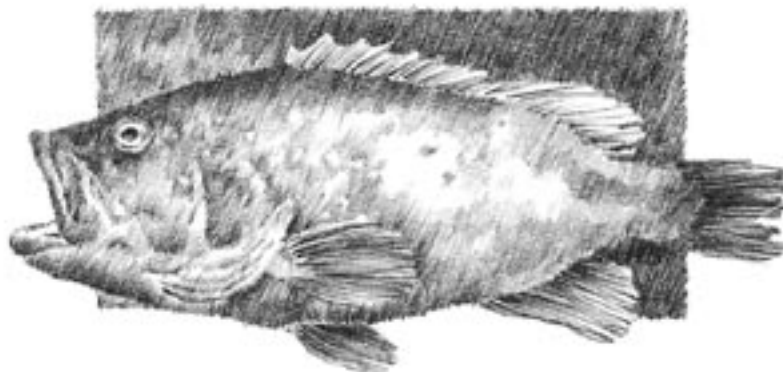
Aug

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Dec



Hawaii Seafood

Bottomfish

Hapu'upu'u

Hapu'upu'u in Pink Pepper sauce

Yield: 6 servings

CHEF NOTES:

INGREDIENTS

Hawaii Hapu'upu'u
Tomatoes
Shallots
Garlic
Virgin Olive Oil
Thyme, fresh
Bay leaves
Heavy Cream
Green Peppercorns
Louisiana Gold hot sauce
Tomato paste
Green onion, for garnish

AMOUNTS

2 ¼ lbs.
2 ¼ lbs.
4 pieces
2 pieces
2 ¼ oz
1 sprig
2 pieces
6 oz
2 tbsp.
1 tbsp.
as needed
2 pieces

PROCEDURE

cut to ¾ cubes
peel, seed, rough chop
finely chopped
minced

leave whole
leave whole

thinly cut on bias

Place olive oil, shallots and garlic in heavy pan. Slowly heat together, to cook without turning bitter. When the shallots are transparent, add tomatoes, thyme, and bay leaves (leave spices whole to retrieve easily later). Cook over medium high heat for about 20 minutes.

Add Hapu'upu'u and reduce heat slightly. When mixture returns to a boil, reduce heat to a simmer and continue cooking for another 10 minutes. Use a slotted spoon to remove fish and spices. Discard spices, and put fish in a warmed serving dish.

Reduce sauce by ¼ and work in cream, a little at a time. When the resulting mixture is thick enough to coat the back of a wooden spoon, put through a fine mesh china cap. Add peppercorns and mix thoroughly. Season to taste using Louisiana Gold pepper sauce, adjust color with tomato paste, if needed.

Pour sauce over fish, and garnish with green onions. This recipe is best when served with sour dough garlic bread.

Hawaiian Glazed Hapu'upu'u

Yield: 6 servings

INGREDIENTS

Hawaii Hapu'upu'u
Pineapple preserves
Mango preserves
Guava jelly
Rice wine vinegar
White cider vinegar
Ginger
Fresh grated coconut
Chopped macadamia nuts

AMOUNTS

6 7-oz fillets
1 tbsp.
1 tbsp.
1 tbsp.
2 tbsp.
1 tbsp.
1 tbsp.
as required
as required

PROCEDURE

finely minced
garnish
garnish

In a stainless steel mixing bowl, mix the pineapple and mango preserves with the guava jelly. Combine the two vinegars and add to the fruit mixture to thin to a brushing consistency.

Arrange Hapu'upu'u fillets in a baking dish and brush on fruit glaze. Put in a 325° F preheated oven. And mix remaining vinegar into fruit sauce. After five or six minutes in the oven, baste with sauce and sprinkle with coconut and macadamia nuts. Return to oven for another five or six minutes to finish.



Onaga

Onaga is one of several Hawaii fish species that is better known by its Japanese name than its Hawaiian name - *'ula'ula*. *Onaga* is also called red snapper or longtail snapper. *Onaga* ranges in size from one to 18 pounds. *Onaga* of all sizes are popular among professional chefs; fish less than 5 pounds are often steamed with the head-on and served whole, while fish over ten pounds are used as buffet centerpieces, displayed on a bed of ice.

Onaga is harvested primarily during the fall and winter months (October through March). Peak availability is during the December holidays when *Onaga* is used in ceremonial dishes. Restaurant sales of *Onaga* are frequently as whole, iced fish which helps maintain quality as well as allowing use in decorative displays.

The popularity of *Onaga* has grown in recent years. Previously professional chefs would substitute *Onaga* for the better known *Opakapaka*, now both fish are found on the menus of high-end restaurants. Both fish have clear, light pink flesh, with the *Onaga* being slightly softer.

Onaga is usually steamed, baked or sauteed without browning. Winter catch *Onaga* have a higher fat content and are enjoyed as *sashimi*.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

1-18 lbs. Round

% Dressed

% Loined

40-50% Fillet

% Smoked

30% Sashimi

Jan

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Hawaii Seafood

Bottomfish

Opakapaka

Opakapaka is commonly known as pink snapper or Hawaiian pink snapper, although the skin color is usually light brown. Fish caught over hard bottoms have brighter colors. The flesh of all *Opakapaka* is a clear, light pink which perhaps gives rise to the alternate name.

Most of the *Opakapaka* caught in the waters of the main Hawaiian Islands are from 1 to 5 pounds (round weight), while fish caught off the uninhabited North-western Hawaiian Islands range from 3 to 12 pounds. Although *Opakapaka* are caught year-round, there is an increase in landings during the winter season (October through February).

Opakapaka is considered a prestige fish in high-end restaurants, consequently substitution among other deep water snappers is somewhat limited. Smaller *Opakapaka* (1 to 2 pounds) are usually reserved for the ethnic market. Larger *Opakapaka* are marketed to restaurants, usually sold filleted, skin-on, allowing professional chefs to verify that the fish is true *Opakapaka*.

Opakapaka fillets are particularly well suited to baking, poaching and sauteeing. During the winter season, fish with a higher fat content are caught and used in raw preparations as well.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

1-12 lbs. Round

% Dressed

% Loined

40-50% Fillet

% Smoked

% Sashimi

Jan

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July

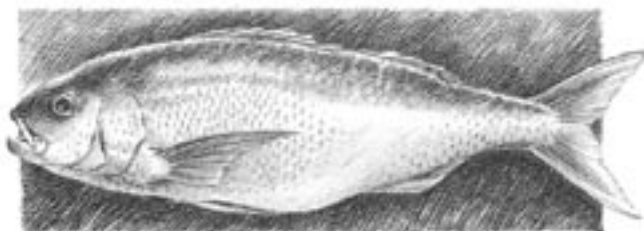
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Hawaii Seafood

Bottomfish

Uku

Uku, commonly known as grey snapper or jobfish, is popular among professional chefs, perhaps owing in part to summertime harvests (April through July) that are entirely out of phase with landings of other deep water snappers. Chefs prize the clear, pale pink flesh that is delicately flavored, moist and moderately firm. The *Uku* has a taste that is slightly more pronounced than *Onaga* or *Opakapaka* and is freely substituted into recipes calling for winter-harvest snappers.

Uku are usually landed as whole, iced fish weighing between 4 and 18 pounds. Nearly all of the catch is marketed as fresh. *Uku* is usually sold filleted to high-end restaurants. Smaller *Uku* are cut into steaks (usually cut from 1/2 to an inch thick) and sauteed -- frequently a crumb coating is employed to add flavor and texture. Larger *Uku* can be scaled and left skin-on, then broiled, baked or poached as well as sauteed.

Chef's Hint: Herb Seasoning: 1 cup whole thyme, 1 cup whole sweet basil, 1 cup whole marjoram, 1 cup whole rosemary (chopped fine), 2 tbs. granulated garlic, 2 tbs. black pepper and 1½ lbs. freshly grated Asiago cheese; mix thoroughly. Store in airtight container. To make seasoned bread crumbs, add 5 lbs. bread crumbs to recipe.

This **Chef's hint** courtesy Chef Rene, the Black Hat Chef, author The Black Hat Chef Cookbook.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

4-18 lbs. Round

% Dressed

% Loined

45% Fillet

% Smoked

% Sashimi

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec



Bottomfish



Hawaii Seafood

Snapper

Hawaii Snapper with Ikura Lime Sauce

Yield: **1** serving

CHEF NOTES:

INGREDIENTS

AMOUNTS

PROCEDURE

Hawaii Snapper

6 oz

boneless, skinless fillet

Lightly poach snapper in court bouillon at a very slow roll. Arrange fish on a plate that has been sauced with Ikura Lime Sauce.

ADVANCE PREPARATION

IKURA LIME SAUCE

INGREDIENTS

AMOUNTS

PROCEDURE

Celery

8 oz

small dice

Carrot

8 oz

small dice

Yellow onion

8 oz

small dice

Butter

10 oz

allow to soften

Salt, white pepper

to taste

Lea & Perrins

dash

Kona lime

1 piece

juice and strain

White wine

8 to 10 oz

Saute the mirepoix vegetables over high heat in a heavy sauce pan. When the celery and carrot are bright and the onion begins to turn clear add the salt, white pepper, Lea & Perrins and white wine. Continue cooking over high heat until the wine is reduced to ½ of its original volume. Strain the mixture and add lime juice, adjusting seasoning if necessary.

Return to burner and lower heat. Whisk in softened butter a little at a time until it is fully incorporated. Fold in salmon roe to lime butter sauce. Hold in bain marie.

CREDIT: Executive Chef **Renato Sabalburo**, and Executive Sous Chef **Dwight Yoshioka**, both of Hawaiian Waikiki Beach Hotel. This recipe was developed for the Second Annual Hawaii Seafood Festival and was featured in The Captain's Table Restaurant.

Chefs Sabalburo and Yoshioka note that while this recipe was developed for poached Hawaiian Uku, they have since successfully paired their Ikura lime sauce with broiled Opakapaka and sauteed Onaga.



Snapper Recipe



White Ulua

White Ulua is commonly called jack or jackfish. Small *Ulua* (under 10 pounds) are called *papio*. Large *Ulua* are caught up to 40 pounds. The *Ulua* is a deepwater bottom fish that is caught year-round, dependent only on favorable fishing conditions.

The *Ulua* has a dense, clear white flesh that is similar to that of a snapper or grouper, but more pronounced in flavor. Smaller fish are usually channeled to the ethnic and home markets, while larger fish (over 10 pounds) are more popular for restaurant use. *Ulua* are frequently sold to restaurants head-on so that chefs can inspect the eyes and gills to assess product quality.

The *Ulua* can be baked, poached or sauteed using the same recipes as for *Onaga* or *Opakapaka* or broiled in recipes calling for *Mahimahi*.

Chef's Hint: *Ulua*'s delicate flavor is complemented by other seafood. Bind assorted seafood with a light cream sauce, and enclose in a parchment paper envelope before baking to create *papio en papillote*. While not part of the standard knife roll, you'll find a stapler guarantees the seal on the *papillote*.

This **Chef's Hint** courtesy of Andy Nelson; Chef, Neptune's Restaurant, Pacific Beach Hotel.

Broil

Bake

Steam

Poach

Saute

Smoke

Raw

10-40 lbs. Round

66% Dressed

% Loined

35% Fillet

% Smoked

% Sashimi

Jan

Feb

Mar

Apr

May

June

July

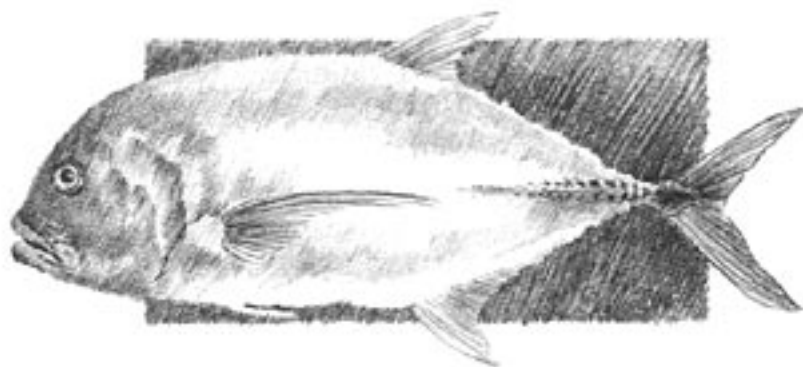
Aug

Sept

Oct

Nov

Dec



Hawaii Seafood

Bottomfish



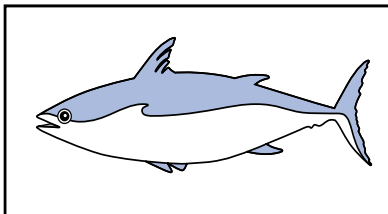
How Fish is Sold

Market Terms

Visualization

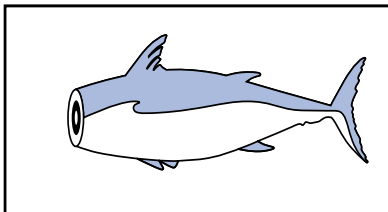
Definition

Whole



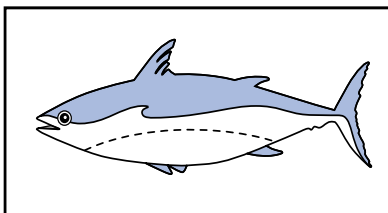
The complete fish just as it comes from the water, also called landed or round weight.

Headed



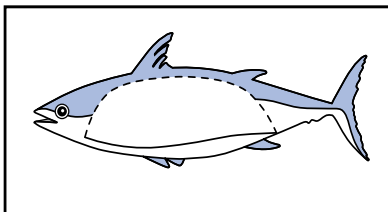
Fish from which the head has been removed.

Gutted



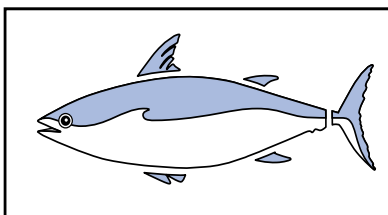
Fully eviscerated. The term “dressed” is also frequently used though “gutted” is preferred because it is more descriptive.

Split



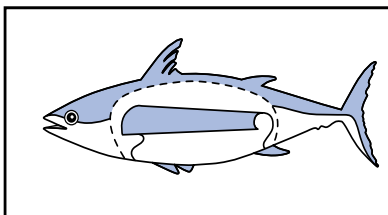
The fish has been cut open from the throat to the vent or tail, or from the nape to the tail. Gills, guts and roe have been removed. Head may be removed. Back bone may be left in.

Trimmed



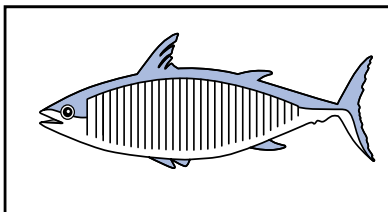
Fins and tail have been removed.

Skinned



Skin has been removed (used primarily in reference to fillets).

Boned



All primary bones have been removed, although some secondary bones may remain.





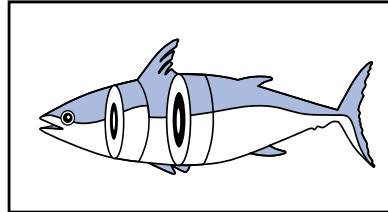
How Fish is Cut

Market Terms

Visualization

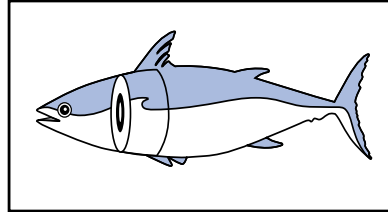
Definition

Steak



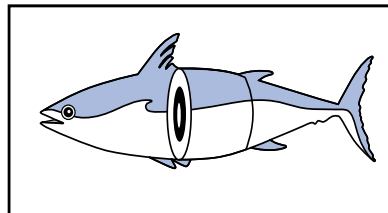
A section, 1/2 to 2 inches thick, cut through the body between the head and tail

Section - Front Section



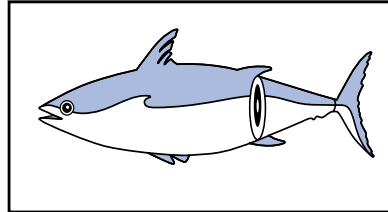
A larger section (thicker than a steak) taken from the forward 1/3 of the body.

Section - Center Section



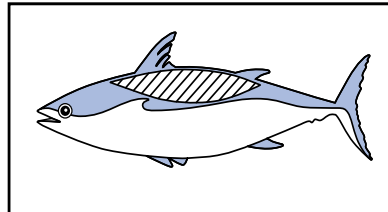
A larger section (thicker than a steak) taken from the center 1/3 of the body.

Section - Tail Section



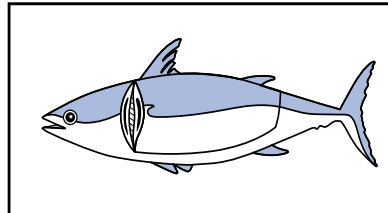
A larger section (thicker than a steak) taken from the rear 1/3 of the body.

Section - Loin



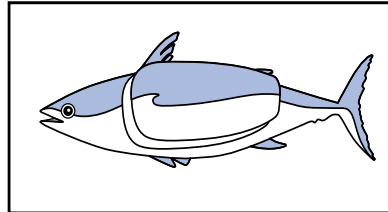
The "loin" portion of meat found along backbone, which is one piece of meat. May be a larger or smaller cut depending on fish species. A popular cut for ahi, tombo, a'u and shutome.

Section - Double Fillet



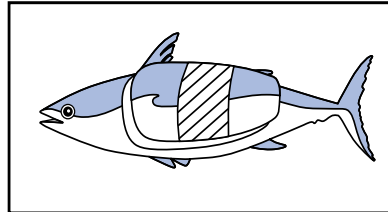
Fillets cut from both sides of the fish. The two pieces remain joined together at the back. Often referred to as "butterfly fillet."

Fillet



A fillet is a portion of flesh taken from either side of a fish, cut parallel to the central bones of the fish. Usually, the main bones, fins and belly flaps have been removed. The fish may or may not be skinned.

Fillet - Center Cut



The center 1/3 of a fillet.



Fish



Fish/Flavor Chart

Flavor

	Fish	Spices	Dairy	Flavor Pairings	
				Primary	Complementary
Light	Opakapaka	dill	buerre blanc	olive oil	Basmati rice
	Ulua	tarragon	hazelnut butter	seedless grapes	duchess potatoes
	Uku	fennel	asiago breadcrumbs	almond	sauteed fr. cut green beans
	Onaga	parsley	heavy cream <i>Beurre Meuniere</i> tangerine butter	lemon/caper white wine mushroom	guava spinach rice pilaf
Moderate	Hapu'upu'u	savory	coconut cream	sherry	bay shrimp
	Mahimahi	chervil	remoulade	sweet and sour	stir-fried asparagus
	Monchong	chives	Sauce Bernaise	raspberry vinegar	mango
	Opah	cilantro (seed)	chowder	lime juice	tomato/basil
	Ono		minted yogurt	red/yellow bell pepper	pineapple relish
	Hebi	bay	infused hollandaise	macadamia nut	peanut oil
	Shutome	ginger	dijon bbq sauce	green onion	balsamic vinegar
	Kajiki	sage	caviar	fresh salsa	fried rice
	Nairagi	coriander (leaf)	<i>Aioli</i>	black bean sauce oyster sauce	Sour dough bread
	Tombo	rosemary	compound butters:	cajun spice	jalapeno
Rich	Yellowfin	curry spice	maitre d'hotel	red wine	rissole potatoes
	Bigeye	herbs d' Provence	anchovy wasabi	garlic	carrots Vichy
	Aku	ginger	Roquefort/butter	shoyu	broccoli/ brussels sprouts



Texture

Rich

Firm

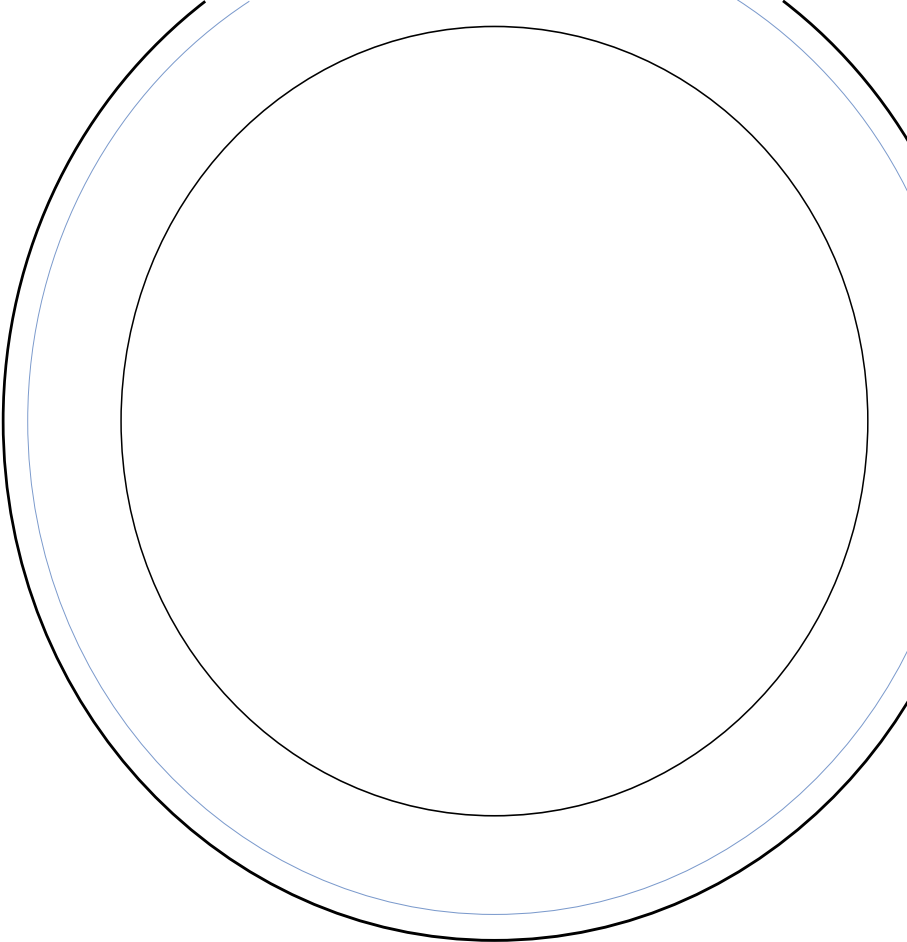
Aku

Price per Pound (dollars)

Portion Size (ounces)

	2	2.5	3	3.5	4	4.5	5	5.5	6oz	6.5	7	7.5	8	8.5
4.00	50	62	75	87	1.00	1.12	1.25	1.37	1.50	1.62	1.75	1.87	2.00	2.12
4.50	56	70	84	98	1.12	1.27	1.40	1.55	1.69	1.83	1.97	2.11	2.25	2.39
5.00	62	78	94	1.09	1.25	1.41	1.55	1.72	1.87	2.06	2.18	2.23	2.50	2.66
5.50	69	86	1.03	1.20	1.37	1.55	1.72	1.89	2.06	2.23	2.40	2.58	2.75	2.92
6.00	75	94	1.12	1.31	1.50	1.69	1.87	2.06	2.25	2.44	2.62	2.81	3.00	3.19
6.50	81	1.02	1.20	1.39	1.63	1.77	2.03	2.23	2.46	2.67	2.87	3.08	3.28	3.49
7.00	88	1.09	1.32	2.03	1.76	1.98	2.20	2.42	2.64	2.86	3.08	3.30	3.52	3.74
7.50	94	1.18	1.41	1.65	1.88	2.12	2.35	2.59	2.82	3.06	3.29	3.53	3.76	4.00
8.00	1.00	1.25	1.50	1.75	2.00	2.25	2.50	2.75	3.00	3.25	3.50	3.75	4.00	4.25
8.50	1.06	1.33	1.59	1.86	2.12	2.28	2.65	2.92	3.18	3.45	3.71	3.98	4.25	4.51
9.00	1.11	1.40	1.68	1.96	2.20	2.54	2.80	3.10	3.38	3.66	3.95	4.22	4.50	4.80
9.50	1.18	1.48	1.78	2.08	2.37	2.68	2.97	3.27	3.56	3.86	4.13	4.43	4.72	5.02
10.00	1.25	1.56	1.87	2.18	2.50	2.82	3.12	3.44	3.75	4.06	4.37	4.68	5.00	5.32
10.50	1.31	1.64	1.97	2.29	2.62	2.96	3.28	3.61	3.93	4.26	4.58	4.92	5.25	5.58
11.00	1.37	1.72	2.06	2.40	2.74	3.10	3.44	3.78	4.12	4.46	4.80	5.16	5.50	5.85
11.50	1.44	1.80	2.16	2.52	2.84	3.23	3.60	3.96	4.32	4.68	5.04	5.40	5.72	6.12
12.00	1.50	1.88	2.25	2.62	3.00	3.38	3.75	4.13	4.50	4.88	5.25	5.63	6.00	6.38

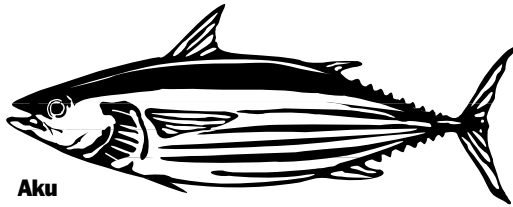




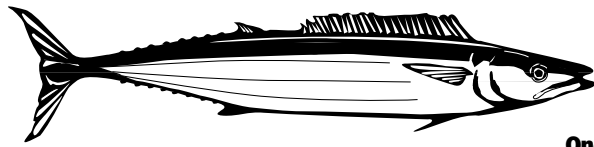
	Portion	Cost	Method	Notes
Fish				
Sauce				
Vegetable				
Starch				
Garnish				
Comments				



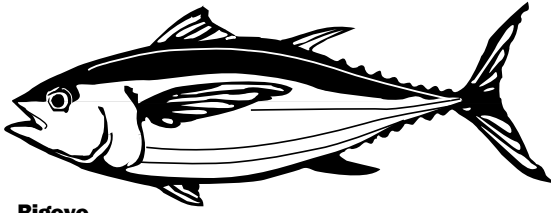
Fish Illustration Reproduction Sheet



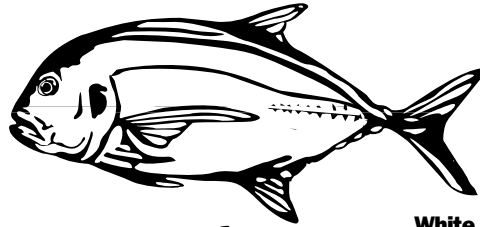
Aku



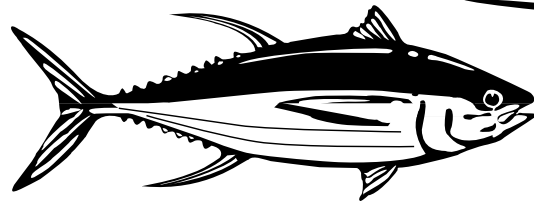
Ono



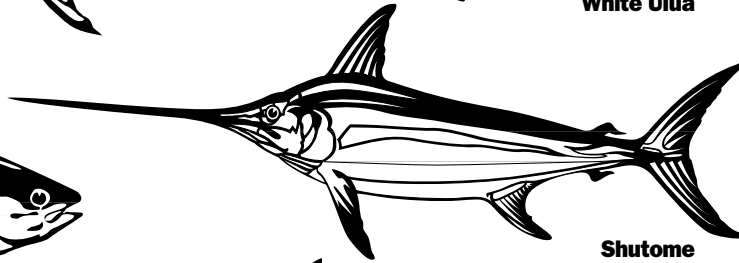
Bigeye



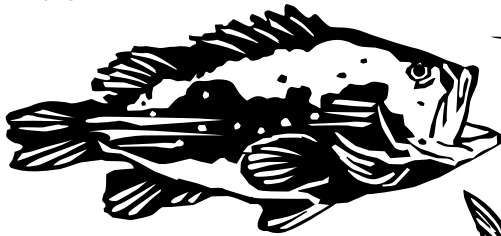
White Ulua



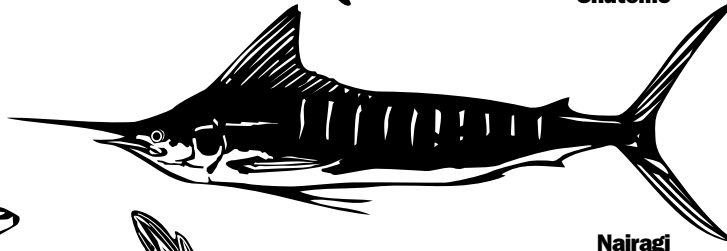
Yellowfin



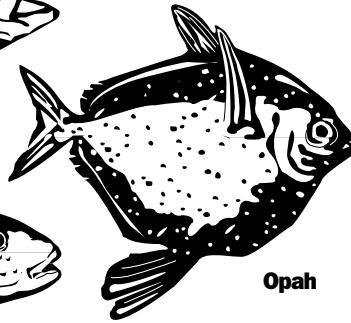
Shutome



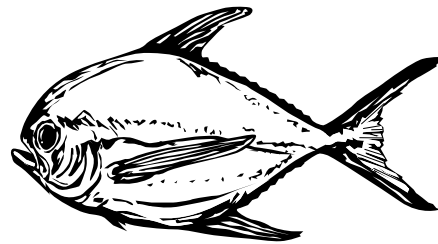
Hapu'upu'u



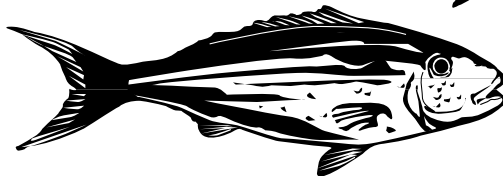
Nairagi



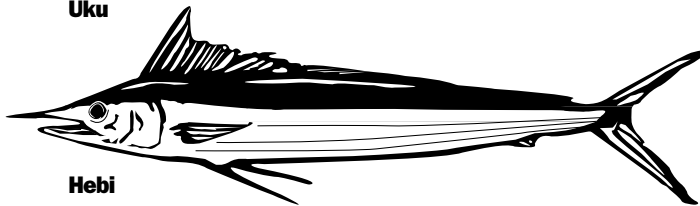
Opah



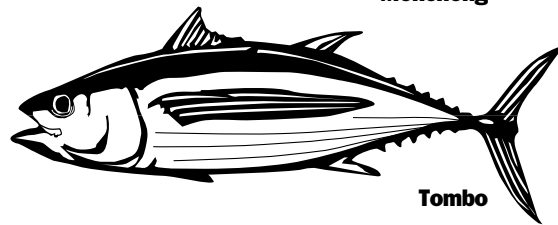
Monchong



Uku



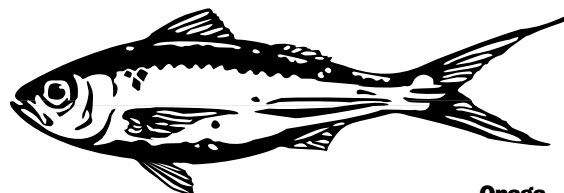
Hebi



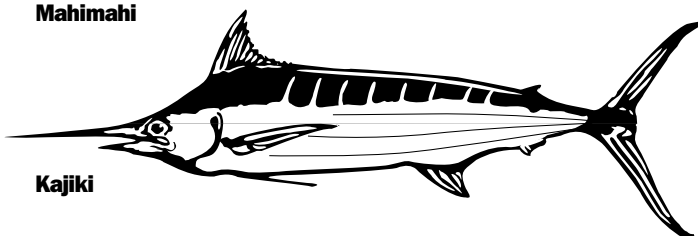
Tombo



Mahimahi



Onaga



Kajiki



Opakapaka



Aku Bigeye Itapu'upu'u

Hebi Kajihi Mahimahi

Monchong Nairagi Opahi

Onaga Ono Opakapaka

Shutome Tombo Uku

White Uluu Yellowfin Ahi



Hawaii Seafood



Hawaii Seafood

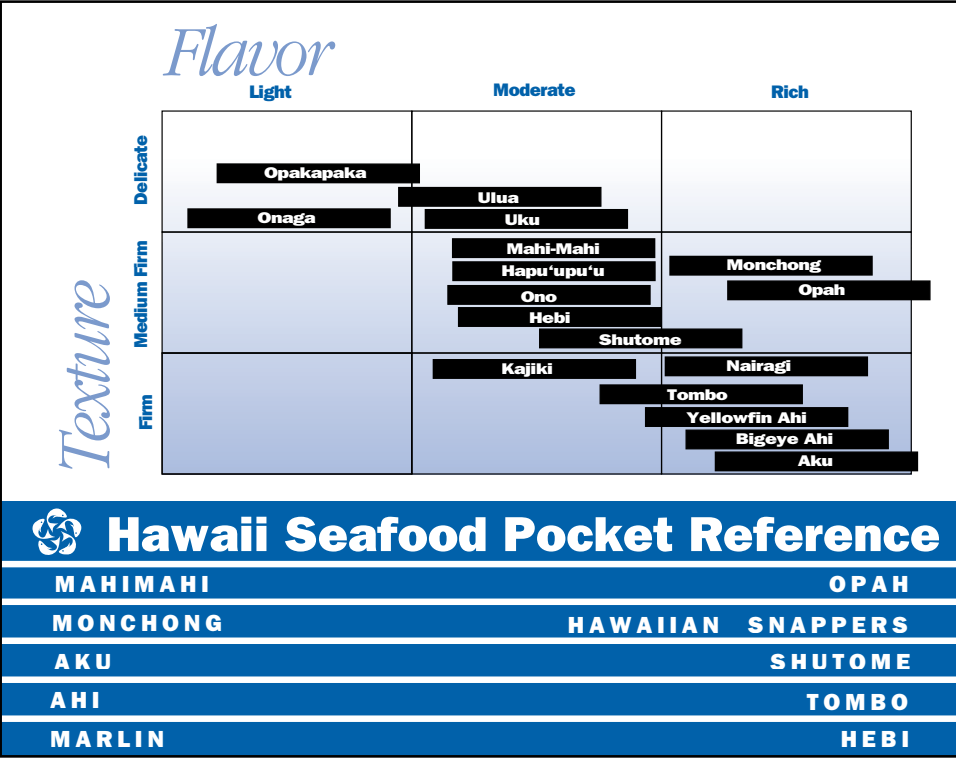


Hawaii Seafood



Hawaii Seafood





Mahimahi

Mahimahi is also called Mahi or Dorado, or in some areas, Dolphinfinh. The blunt nosed Mahimahi is a true fish in no way related to the bottle-nosed marine mammal (Flipper).

Mahimahi is a moist, flaky, mildly flavored, sweet, light pink flesh that becomes white when cooked.



Most Mahimahi are caught in the spring (March-May) or in the fall (September-November), and range between 8 and 25 lbs.

Wine Recommendation

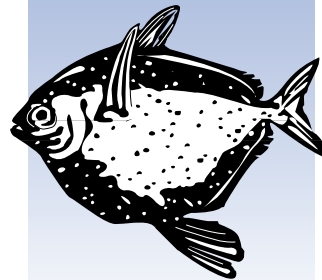
Gewürztraminer
Riesling

Opah

Opah, also called moonfish in tribute to its large, round profile, is a newcomer to restaurant menus. Opah has long been thought of as good-luck and was only given away, never sold.

Opah has four types of flesh, each a different color. Behind the head

and along the backbone is orange tinged. Toward the belly, the flesh pales to a pinkish color. The cheeks yield dark red flesh. All these types of flesh cook to white. Inside the breastplate of the Opah is a small section of bright, ruby red flesh that cooks to a brown color.



Opah is a non-schooling open-ocean fish, so they are not caught in great quantities, but are prized when found.

MAHIMAH	OPAH
MONCHONG	HAWAIIAN SNAPPERS
AKU	SHUTOME
AHI	TOMBO
MARLIN	HEBI

Monchong

Monchong is a deep water fish rapidly gaining popularity in Hawaii. Most of the catch is sold to restaurants where professional chefs are declaring Monchong a fish with special appeal.

Catches of Monchong are small and unpredictable as little is known about the species. Monchong can range in size from about 4 pounds

to 25 pounds with fish over 12 pounds preferred.

The flesh is firm with moderate flavor and a high fat content that makes it well suited for broiling. It can also be baked or sauteed. Monchong is used in recipes calling for Opakapaka or Onaga.



Wine Recommendation

Champagne
French Colombard
Sylvaner

Snapper

Fresh snappers from Hawaii are prized for their clear, pale pink flesh and delicate taste. All members of the snapper family remain moist and moderately firm.

Opakapaka is commonly known as Hawaiian pink snapper. most Opakapaka caught are from 1 to 5 pounds, but can grow to 12 pounds. Opakapaka are caught year-round.

Opakapaka is considered a prestige fish, suited to baking, poaching and sauteeing.

Onaga is also called longtail snapper or red snapper. Onaga ranges from 1 to 8 lbs. Supplies peak during the December holidays.

Onaga tastes very similar to Opakapaka, but has a little softer texture.



Uku



Onaga



Opakapaka

Uku, commonly known as grey snapper or job-fish, are popular perhaps owing to a summertime availability that is out of season for other snappers.

MONCHONG

HAWAIIAN SNAPPERS

AKU

SHUTOME

AHI

TOMBO

MARLIN

HEBI

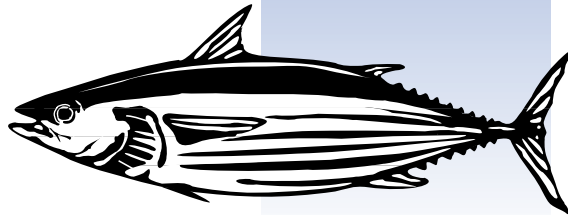
Aku

(Skipjack or striped tuna from Hawaii)

Aku are caught all year long and have traditionally been the most important commercial fish in Hawaii.

Aku weigh from 4 to 15 pounds but during the summer months, larger fish, 16 to 30 pounds are caught.

Aku has a firm flesh that is a deep red color. Larger Aku with the deepest color are used in the preparation of raw dishes.



When cooked, the flesh of Aku becomes lighter in color. Aku has a bolder taste than Ahi or A'u and is preferred by fish lovers.

Aku is excellent baked, broiled, grilled or as sashimi, sushi, or *poke*, a traditional Hawaiian snack of chilled raw fish.

Wine Recommendation

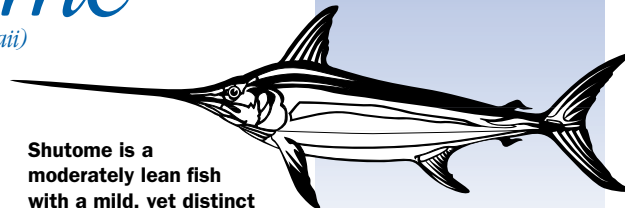
Châteauneuf du Pape
Fumé Blanc
Merlot

Shutome

(Fresh Swordfish from Hawaii)

Shutome is the popular name for the swordfish caught in the pristine waters surrounding Hawaii. Also called Broadbilled Swordfish, Broadbill, True Swordfish, or by its Hawaiian name, *A'u Ku*.

Shutome is a migratory fish with good catches around the Island of O'ahu from April through July.



Shutome is a moderately lean fish with a mild, yet distinct taste and an ideal texture, which is compared to premium cuts of beef.

Shutome has a high fat content that is rich rather than oily. Shutome is excellent broiled, poached, stir-fried or baked.

Wine Recommendation

Chenin Blanc
Graves
Chardonnay

AKU

SHUTOME

AHI

TOMBO

MARLIN

HEBI

Ahi

(Fresh Hawaiian Tuna)

Ahi is the Hawaiian name for two Tunas that look very similar. Both **Bigeye** and **Yellowfin** tunas can be called Ahi.

Bigeye is more plump, has a larger head and unusually large eyes, **Yellowfin** has long, bright yellow fins.

Peak season for **Yellowfin** is summer. Most **Bigeye** are caught during the winter.

Ahi weigh between 10 and 250 pounds.



Bigeye



Yellowfin

Ahi has red flesh that cooks to white. Ahi is suitable for broiling, baking, and sauteing. Top grade Ahi has a higher fat content and deeper red color which is considered perfect for sashimi (Japanese-style raw fish).

Wine Recommendation

White Zinfandel
Tavel
Cotès du Rhône
Beaujolais

Tombo

Tombo is the name for the tuna from Hawaii that is called Albacore elsewhere. The light pink flesh is the lightest and mildest in flavor of all tunas.

Like other tunas, the flesh cooks to white, and Tombo may be used in any recipe calling for Ahi. Top chefs usually broil Tombo, frequently using a marinade, or basting while cooking



to avoid drying. Tombo are usually landed from 40 to 80 pounds; fish over 50 pounds have a more attractive pink color and a higher fat content and are preferred.

Wine Recommendation

Sauvignon Blanc
Mâcon - Village
Chablis

AHI

MARLIN

TOMBO

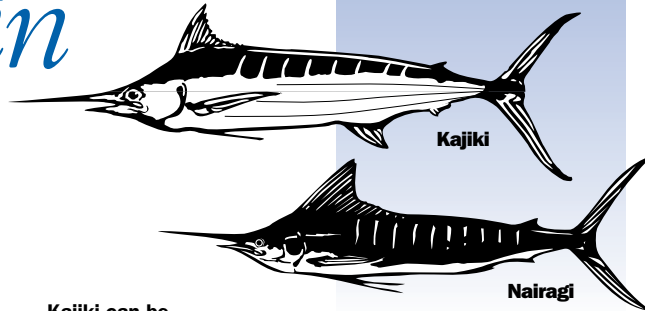
HEBI

Marlin

(Kajiki and nairagi)

A'u is the Hawaiian language word for all marlin species. The Pacific blue marlin can be called Kajiki, and the striped marlin is commonly known as Nairagi.

Kajiki is most frequently caught in the summer and fall months while Nairagi landings are greatest in winter and spring.



Kajiki can be distinguished from other marlin family members by its larger bill and rough, grey-colored skin.

The color of marlin flesh varies with individual fish from clear pink to amber or orange-red, but all cook to white.

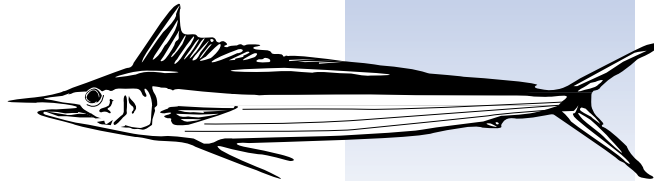
Wine Recommendation

Chenin Blanc
Pinot Blanc
Pinot Gris
Sauvignon Blanc

Hebi

Hebi is also called shortbill spearfish, in fact its bill is nearly nonexistent. Hebi caught in the waters off Hawaii usually weigh between 20 and 40 pounds.

Hebi is available year-round with the heaviest landings from December to May.



Hebi has an amber colored flesh that is similar to nairagi or kajiki, but not as firm. The flavor is mild, but more pronounced than ahi. Hebi is usually cut into steaks at least 3/4 of an inch thick and broiled.

Wine Recommendation

White Zinfandel
Fume Blanc
Pouilly Fume
Graves

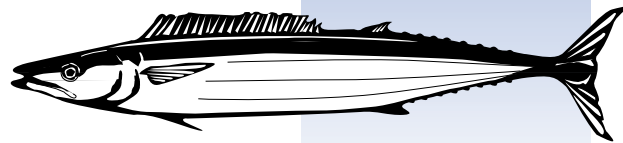
MARLIN

HEBI

Ono

Ono is a slender, fast swimming, sportfish that is also called Wahoo...probably a corruption of the old European spelling of *O'ahu*. In the Hawaiian language *Ono* means "good to eat."

Ono is a non-schooling fish so supply is uncertain but best between May and October.



Ono has white, flaky, delicate sweet flesh similar to Mahimahi. Ono is excellent sauteed, steamed or cut into steaks and broiled.

Wine Recommendation

White Zinfandel
Sauvignon Blanc
Chardonnay
Chablis
Grey Reisling